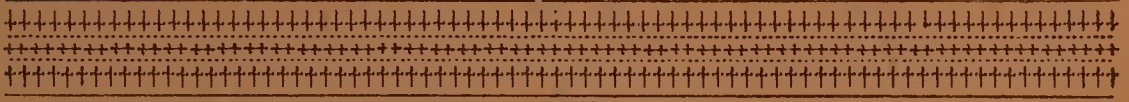


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# Twenty-Eight Breakfasts

By **EMILY RAYMOND.**



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## ❖ Breakfast ❖ Bills ❖ of ❖ Fare ❖



**G**OOD cookery may be justly classed as a “fine art,” and it is a high calling, indeed, to study the principles of nutrition, and the elements necessary to sustain our precious life. For we must know that so intimate is the relation between moral and physical laws, that the latter cannot be knowingly disregarded without doing violence to the former.

A new saying has been recently uttered which is, “it is a sin to be sick,” therefore every law relating to health should be scrupulously and conscientiously observed. Individual temperaments vary, and circumstances vary as much, so that set rules cannot be laid down which will be equally well adapted to all persons. That which would be an impoverished diet for one, might amply supply all the alimentary needs of another, consequently individuals must apply general principles to their own special cases.

One fact must be remembered—that the appetite craves “variety,” and frequent change in the articles of food. Long continued sameness begets disgust for kinds of food that may have been relished at first. By variety is not meant a great number of dishes at one meal, but a change in the dishes of food prepared from day to day.

Many ladies have remarked that it was harder for them to plan a “good breakfast,” than to carry on all the other work of housekeeping. I have also observed that many good mothers do not realize that the first meal of the day should be ample and inviting for the whole household.

It is a settled fact that to be in good health, one should be hungry in the morning. The old idea that “anything” will do for breakfast, has caused many a man to be led unwittingly to take the first step toward the drunkard’s doom. No person should leave their place of abode, until they have “broken their fast of the night” by a nourishing breakfast. If not, at about eleven o’clock the feeling of faintness comes on, and the “free lunch” saloon or neighboring restaurant with its inviting “bill of fare,” is irresistible to the hungry one, and sooner or later the habit is fixed, and “home dinners” are left for wife and children to pick up, or eat alone, while father is only satisfied with eating at the Lunch Counter or Club House, where a

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nice social hour with kindred spirits is enjoyed. Ills of the school-room, too, have been traced to the need of a nourishing breakfast instead of over study. A good rule in some homes is, that no child can go to school or work, until a breakfast has first been eaten! If one is not hungry a physician should be consulted to restore a normal condition of the system, for it is only by the process of the assimilation of the food that the growth and maintenance of the body is effected. It is also a fact that it is by the best food that the desired end can be most readily and perfectly attained.

After dwelling much upon the science of cookery, which is being brought rapidly to the front by teaching, I have arranged my "twenty-eight good breakfasts," with a scientific fitness in the articles contained therein, and have not attempted to tell how to cook them, as I consider the very arrangement as "half the battle." Hoping, therefore, that all who buy and use the little book will remember and obey my first rule, which is, "Always plan your breakfast with and from the previous dinner, especially if you have roasted meats, and never wait until morning to 'get up the breakfast.'" One half hour will give ample time for cooking each breakfast, but remember that all mushes or porridge must be cooked the day before and reheated, as most of them need two good hours steady cooking. Rolls and twisted bread are also baked the

day before and simply heated over, but corn bread, muffins, pop overs, soda biscuit, &c., are made fresh. Hash, too, must be prepared over night; likewise croquettes.

Ripe fruit should always be eaten with the breakfast in the order as they ripen, when available, for fruit is golden in the morning, silver at noon, but leaden at night.

Stewed fruit, in absence of fresh fruit or melons, should find a place on every breakfast table.

Warm plates should be the rule whenever hot food is used.

Coffee, chocolate and tea are not injurious. Each has nerve-bracing qualities, and the best is the most economical. Never allow sloppy mixtures of either. There is no reason for a poor cup to be poured at table.

In concluding remarks will say, that sugar should always be passed with fresh fruit, as many persons like to dip it in sugar as they eat it. With the various porridges, cream and sugar are expected as a matter of course; also, any additional or substituted food is in order, but if one will faithfully try what I present for one twenty-eight days, they will endorse the same as good temperance breakfasts, and repeat them.

E. R..

**Breakfast No. 1.**

Oranges or Apples.  
 Sirloin Beefsteak. Smothered Oysters.  
 Potatoes, *a la Creme*. Corn Bread.  
 Doughnuts. Coffee.

**Breakfast No. 2.**

Oatmeal Porridge.  
 Lamb Chops. Fried Potatoes.  
 Hot Biscuit.  
 Warm Apple Sauce.  
 Cookies. Chocolate.

**Breakfast No. 3.**

Veal Cutlet. Saratoga Potatoes.  
 Rice Croquettes.  
 Stewed Peaches. Hot Rolls.  
 Crullers. Coffee.

**Breakfast No. 4.**

Farina, with Cream.  
 Fricasseed Chicken.  
 Potato Croquettes. Lettuce or Water Cress.  
 Warm Cinnamon Rolls. Bread.  
 Coffee.

**Breakfast No. 5.**

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Calf's Liver and Bacon.  
 Potato Hash.                      Fried Mush.  
 Stewed Apples.                  Vienna Bread.  
 Ginger Snaps.                  Chocolate.

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**Breakfast No. 6.**

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Oatmeal Mush.  
 Fried Fresh Fish.  
 Beef Croquettes.              Stewed Potatoes.  
 Warm Twisted Bread.  
 Molasses Cookies.              Coffee.

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**Breakfast No. 7.**

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Melons or Fruit.  
 Fried Sweetbreads.              Potato Balls.  
 Buttered Toast.                  Boiled Eggs.  
 Muffins.                          Coffee.

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**Breakfast No. 8.**

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Hominy, with Cream.  
 Ham and Eggs.  
 Potato Hash.                      Stewed Fruit.  
 Griddle Cakes, or Fritters.  
 Chocolate.





**Breakfast No. 13.**

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Oranges or Melons.  
Scrambled Eggs.                      Beef Croquettes.  
Saratoga Potatoes.  
Griddle Cakes, Maple Syrup.  
Bread.              Coffee.

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**Breakfast No. 14.**

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Warm Stewed Rice.  
Codfish Balls.              Potatoes *a la Creme*.  
Warm Twisted Bread.              Cranberry Sauce.  
Ginger Cookies.              Chocolate.

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**Breakfast No. 15.**

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Oatmeal Mush.  
Frizzled Beef.              Potato Hash.  
Stewed Fruit.              Coffee Bread.  
Black Tea or Coffee.

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**Breakfast No. 16.**

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Fine Hominy.              Strawberries.  
Broiled Spring Chicken.  
Potatoes Creamed.              Sweet Potatoes fried.  
Vienna Rolls or Muffins.  
Coffee.

**Breakfast No. 17.**

Oatmeal, with Cream.  
 Venison Steak.                      Baked Potatoes.  
 Warm Cranberry Sauce.  
 Hot Rolls or Johnny Cake.  
 Cookies.              Chocolate.

**Breakfast No. 18.**

Codfish cooked in Cream, with Eggs.  
 Boiled Potatoes.                      Rice Croquettes.  
 Sweet Fruit Pickle.              Warm Bread.  
 Ginger Cakes.              Coffee.

**Breakfast No. 19.**

Oranges.  
 Fried Oysters.                      Saratoga Potatoes.  
 Lettuce or Water Cress.  
 Veal Croquettes.              Hot Buns.  
 Molasses Cookies.              Coffee.

**Breakfast No. 20.**

Wheaten Grits.                      Buttered Toast.  
 Stewed Meat from previous dinner.  
 Baked Eggs.              Fritters, with Syrup.  
 Cocoa or Broma.

**Breakfast No. 21.**

Graham Mush.  
 Poached Eggs on Toast.  
 Fish Croquettes.          Scalloped Apples.  
 Radishes or Onions, with salt.  
 Ginger Snaps.          Coffee.

**Breakfast No. 22.**

Farina, with Cream.  
 Stewed Sweetbreads.          Potato Croquettes.  
 Omelette.          Radishes.  
 Warm Apple Sauce.          Brown Bread.  
 Crackers.          Coffee.

**Breakfast No. 23.**

Oatmeal Porridge.  
 Veal Hash.          Lost Bread.  
 Boiled Eggs.          Crullers.  
 Coffee.

**Breakfast No. 24.**

Fruit.  
 Oysters on Toast.          Beef Hash.  
 Hominy Croquettes.  
 Fried Potatoes.          Graham Gems.  
 Cranberries.          Chocolate.

**Breakfast No. 25.**

Oranges or Figs.

Fried Meat, in Batter.          Stewed Potatoes.

Rice Griddle Cakes.

Doughnuts.          Coffee.

**Breakfast No. 26.**

Oatmeal Porridge.

Minced Ham.          Potato Croquettes.

Buckwheat Cakes.

Ginger Snaps.          Chocolate.

**Breakfast No. 27.**

Blackberries.

Breaded Veal.          Cream Potatoes.

Water Cress or Cucumbers.

Lost Bread.          Coffee.

**Breakfast No. 28.**

Ripe Pears or Peaches.

Crushed Wheat.

Porterhouse Steak.          Fried Sweet Potatoes.

Stewed Mushrooms.

Pop Overs.          Cocoa or Coffee.

**A Summer Breakfast Party.**

Melons.

Fried Perch or Trout. Sauce Tartare.

Coffee, or Tea and Chocolate.

Young Chickens, Stewed in Cream.

Saratoga Potatoes.

Poached Eggs, on Toast.

Fillets of Porterhouse Steak.

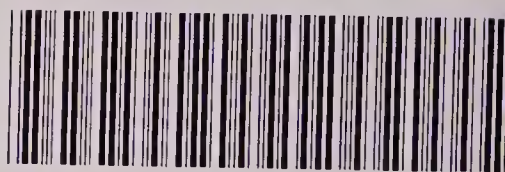
Tomatoes, with Mayonaise.

Sliced Peaches.





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